RACKLEY SQUAD SWIMMING

RUNCORN

Squad Training Groups

Squad Level	Description
Junior	The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend at least 2 sessions a week.
Senior	The Senior Squad is designed for high school multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event.

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	6:00 - 7:15		6:00 - 7:15		6:00 - 7:15	8:00 - 9:00
Senior	6:00 - 7:15		6:00 - 7:15		6:00 - 7:15	6:30 - 8:00*

**dryland training included - please bring appropriate gym wear*

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:30 - 4:45 5:45 - 7:00	3:30 - 4:45 5:45 - 7:00	3:30 - 4:45 5:45 - 7:00	3:30 - 4:45 5:45 - 7:00	3:30 - 4:45 5:45 - 7:00	
Senior	4:30 - 5:45	4:30 - 5:45	4:30 - 5:45	4:30 - 5:45	3:45 - 5:15	

Join our Squad!

We are always excited to welcome new swimmers to our Rackley team, especially those who like the joy of racing at any level. Scan the QR code to book a squad trial session/assessment. For more information on our program fees and our coaching team visit runcornaquaticcentre.com.au/swim-squad or phone 07 3054 4382